

Earning Points

The health management program is run on a point system. You will earn points throughout the year for completing certain program activities. Then, you redeem these points at the end of the year for incentives or rewards. Complete your MHA (Member Health Assessment) and Biometric Screening (100 Points) by August 31, 2014. Then, reach the Engage Goal (150 Points) through additional program activities by December 1st, 2014 to earn your Gift Card.

Engage	
ASSESSMENTS	POINTS
Biometric Screening (Required)	50
Member Health Assessment (Required)	50
PREVENTIVE CARE COMPLIANCE	POINTS
Preventive Care Compliance	50
PROGRAM ACTIVITIES	POINTS / MAX
Questionnaires	5 each / 45 max
Targeted Programs	15 each / 45 max
Online Courses	10 each / 30 max
Webinars	5 each / 30 max
Employer Challenges	15 each / 45 max
Peer Challenges	10 each / 30 max
Healthy Events	5 each / 15 max
Engage GOAL	150



Frequently Asked Questions

What is the Viverae Health Center?

The Viverae Health Center is a health and wellness resource that is available for Viverae members. It is staffed with a variety of highly trained customer care representatives.

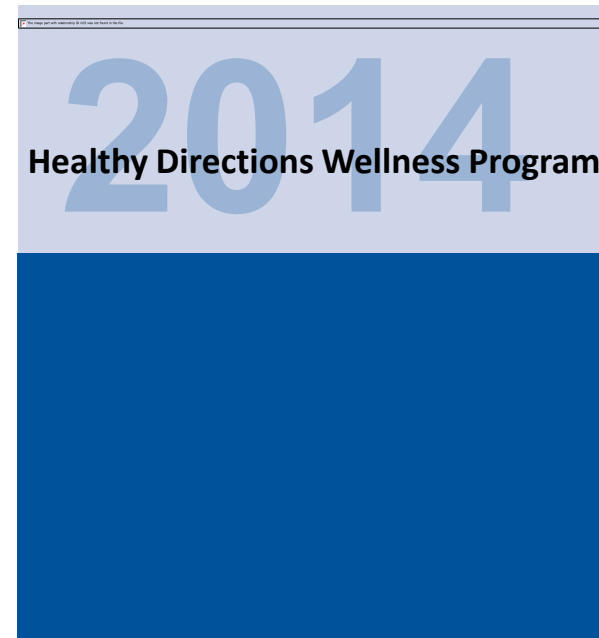
How do I contact the Viverae Health Center?

There are two ways to contact the Health Center: via secure email message or by phone.

- Send secure email messages via www.myviverae.com
Click on the **Secure Messaging** button
- To call toll-free, please dial 888-VIVERAE (848-3723)

The Viverae Health Center hours are as follows:

- Monday – Thursday: 7 a.m. – 7:30 p.m. CT
- Friday: 7 a.m. – 6 p.m. CT
- Saturday – Sunday: Closed



Welcome

The daily demands of life and work can make it hard to live a healthy lifestyle. Douglas County appreciates you and wants to provide the tools and support you need to be healthy and well. We have partnered with Viverae, a leading health management services provider, to bring you the latest health and wellness content, educational programs, and an online community to keep you motivated.

The Healthy Directions Program is a vital part of our overall benefits program. Whether your goal is to have more energy, to lose weight, to manage stress, or to improve your diet, the Healthy Directions Program can help you.

Who can participate in the program?

Beginning July 1st, 2014 all health plan-covered employees are eligible to participate in the Member Health Assessment (MHA) and Biometric Screening, and may log on to the www.myviverae.com website to take part in all the available wellness activities.

Is my health information confidential?

All programs are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Any information shared with the Viverae team will not be disclosed, except in accordance with HIPAA laws. Your Protected Health Information (PHI) will not be shared with your employer.

How to Register

Step 1

- Visit www.myviverae.com
- Click **New User Registration**

Step 2

- Enter your last name and date of birth (DOB)
- Enter your identifier: **Employee ID**
- Enter the registration code: **douglascounty (all lower-case)**

Step 3

- Create a username (5 – 25 characters)
- Create a password (8 – 12 characters) using letters (upper and/or lowercase), numerals, and/or special characters (such as @\$%&#)
- Select a security question and answer, then click **Save**



Getting Started

www.MyViverae.com

You will use the site as your personal hub to manage all your program activities and view your points.

Member Health Assessment

After registration, you'll be asked to provide information with My Profile. As you complete My Profile, you'll be asked to complete the brief Member Health Assessment. The MHA asks questions about specific lifestyle habits. Upon completion, your Member Health Report will highlight your current risk level for each lifestyle habit and give you tips for improving your overall health and well-being. You can complete your MHA online at www.myviverae.com.

Biometric Screening

Biometric Screenings will be offered on site this year. These screenings provide vital information about your overall health, including cholesterol (total, LDL, and HDL), triglycerides, cardiac risk, glucose, blood pressure, height, weight, Body Mass Index (BMI), and waist measurement. If you are unable to attend a Biometric Screening event, you may fulfill the screening requirement by visiting your physician and submitting the Physician Screening Collection Form. This form can be found on your www.myviverae.com site.

Contact the Viverae Health Center at 888-VIVERAE (848-3723) with any questions or concerns about the Viverae online screening sign-up process.

Your Health Score

Your health score is based on your answers to the questions asked in the MHA and your Biometric Screening results. A high Health Score can indicate that your current health status is on the right track. A low Health Score suggests that you could be at a greater risk of developing certain diseases and health problems.

Additional Activities

For more points or support in your health management program, you have plenty of available resources. Participating in the Healthy Directions Program allows you to do the following:

- Complete a Questionnaire about specific risk factors
- Register for any Employer Challenges Douglas County is hosting
- Take an Online Course or join a Targeted Program to address specific lifestyle concerns
- Watch a Webinar and complete a quiz

Employer Challenges

In addition to core point-earning activities, you will have opportunities throughout the year to take on more focused Challenges and earn points. These Challenges run four weeks in duration and focus on specific risk factors or lifestyle changes.

Sign up for your challenges:

- Log on to your www.myviverae.com homepage
- Scroll down to the Challenges section
- Click **View All** to display details around dates, challenge goals, disclaimers, and tracking for current, future, and past challenges
- Click **Sign Me Up** to progress to the sign-up screen
- Create a screen name and select an avatar

Track your progress:

- Log on to www.myviverae.com
- Select the **View** link under Challenges